

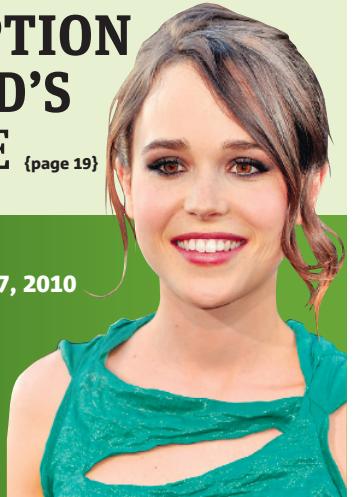


5 KEYS TO MAKING
IT RAIN IN 2011
RAINMEN SEASON
PREVIEW {page 37}

THE YEAR EARTH
STRUCK BACK
NATURAL DISASTERS'
DEATH TOLL {page 12}



A TRIUMPH ELLEN'S INCEPTION AT HOLLYWOOD'S SUMMIT SCENE {page 19}



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Monday, December 27, 2010
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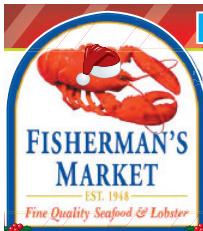
News worth
sharing.

At your service

► Nova Scotia Auditor General Jacques Lapointe is Metro Halifax's Newsmaker of the Year for 2010
► 'The more the public knows what we're doing, to my mind, the better'



► Lapointe is our knight in shining armour for having brought forward the expense scandal earlier this year. Story, page 3.



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► Metro Halifax, with input from readers, names Auditor General Jacques Lapointe 2010's Newsmaker of the Year ► Audit findings embarrassed members of all three major parties, led to reforms in how MLAs spend public money ► NSBI, IEF secrecy led to head butting between Lapointe and government, resulted in changes to the AG Act



ALEX BOUTILIER/METRO

Halifax Newsmaker of the Year

 **ALEX BOUTILIER**
@METRONEWS.CA

Even months after exposing the biggest political scandal for Nova Scotia in recent memory, Auditor General Jacques Lapointe is still somewhat mystified by the fallout.

"I didn't know where this was going and I kept expecting it to wind down. And it didn't," said the author of the report that became known as the MLA expense scandal.

That report resulted in the resignation of two sitting MLAs, Richard Hurlburt and Dave Wilson, contributed to the ejection of Trevor Zinck from government caucus and put egg on the face of numerous provincial politicians, past and present.

It blew open the doors of the government's secretive Internal Economy Board, which held its first public meeting a month after Lapointe released his office's findings.

It sparked widespread public outrage and led to RCMP investigations into five politicians, the results of which are still pending.

Ultimately, it forced re-

"Lapointe brought to light something that interests and affects all Nova Scotians ... Almost anyone you talked to, no matter what age or sort of person they were, had an opinion on the expense scandal."

DAVID SHELDEN, ONE AMONG THE MAJORITY OF METRO HALIFAX READERS TO SELECT JACQUES LAPONTE AS THE NEWSMAKER OF THE YEAR

form on a broken system where politicians policed their own behind closed doors.

Reflecting on the report nearly a year later, Lapointe said that when his staff started turning up many more questionable instances than he anticipated, he knew they were on to something big.

"We started to realize that we weren't sure how to report these things ... Some of these things were clearly wrong. But in what way? How was it wrong? Morally wrong, or was it just against the rules? Was it just our opinion?"

If it was just an opinion, it was one shared by many Nova Scotians. People were shocked to read reports of politicians expensing high-end tech equipment, custom furniture, a Dance Dance Revolution video game and, of course, \$8,000 to install a generator.

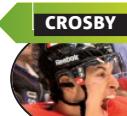
"We finally decided that the best way to report these, aside from giving our opinion, was simply to report what was there. Right or wrong," he said. "We felt people needed to know how (the money) was being spent."

Tom Urbaniak, a political science professor at Cape Breton University, said Lapointe's office forced politicians to modernize the way they handled public money.

"(Lapointe) played a significant role ... in shoving Nova Scotia politics from the 19th century to the 21st century," said Urbaniak. "There was a collective outrage ... driven in part by the fact that the concerns were so tangible. Everyone could relate to the instances that were mentioned and could identify the inappropriateness of the instances that were mentioned."

Newsmakers

Some of the others who received votes for Newsmaker of the Year from Metro readers.



Cole Harbour's own Sidney Crosby's "golden goal" had the entire country on its feet and provided a dramatic finish to the Vancouver Olympics.



Harold MacKay, the promoter behind most of the concerts on the commons, went out of business after revealing he didn't have the money to pay his creditors.



Peter Stoffer found himself in the middle of the controversial effort to kill the long-gun registry. While adamantly against it, he decided to cast the crucial vote to save the registry after a "majority" of his constituents said they support it.

1
news



Mobile video and the rise of 3-D TV among 2011's big tech stories. Scan code for the story.



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Lapointe said that the public backlash is understandable but that it may have obscured other findings in his report, such as \$830 million tied up in P3 contracts for schools — money he says wasn't being managed very well.

"(The expenses) were small dollars, but it was probably more an issue of public trust. P3 schools were an issue of long-term management of large

amounts of money and the quality of our schools. But this is an issue of public trust, and that's a different kind of significance."

Nevertheless, Lapointe says the sustained media coverage contributed to an increased awareness of the Office of the Auditor General and the crucial watchdog role it plays.

"The more the public knows what we're doing, to my mind, the better."

► Metro Halifax photographer Ryan Taplin picks some of his favourite shots of the year
 ► Depictions of a fire, a car accident and celebration are among the shots culled from the hundreds taken over the past 12 months

TEXT AND PHOTOS RYAN TAPLIN



► Customers at Cousin's restaurant have their lunch as police officers take measurements after a 14-year-old boy was hit by a car and then trapped underneath at the intersection of Lady Hammond Road and Robie Street on June 21. Firefighters and bystanders lifted the car off the boy and onto its side. The boy didn't suffer any life-threatening injuries.

For some photos you just have to wait — and such was the case during this year's World Cup final.

I sat with my back to the screen, waiting for a photo of fans celebrating or lamenting a goal. It was a low-scoring affair, and I had to wait until extra time to get the shot of exhilaration from Spain's fans.

Some photos you stumble across, as I did the shot of the artist carrying the painting.

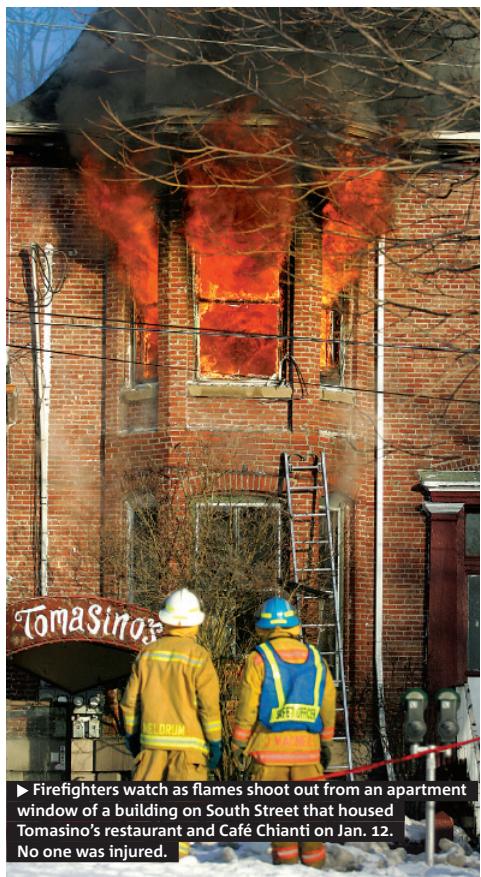
I was at the Granville Mall, taking photos of a Classified video shoot, when I saw what looked like a painting with legs walking by. I turned and fired a few shots.

You also want to look at a photo from all possible angles.

After getting standard photos of a car accident, I noticed customers inside Cousin's restaurant looking out the window. The pictures from inside the restaurant gave a different perspective.

Taking in all your surroundings and exploring various perspectives can often provide you with a more interesting image.

Remembering 2010 in images and moments



► Firefighters watch as flames shoot out from an apartment window of a building on South Street that housed Tomasino's restaurant and Café Chianti on Jan. 12. No one was injured.



► Fans celebrate Spain's win over The Netherlands in the World Cup final at Bubba Ray's Sports Bar on July 11.



► A NSCAD student carries a painting to the Anna Leonowens gallery on Jan. 11.

Canada

2010

Another weird and wonderful year of news

► Actor Randy Quaid — who played a hard-drinking, ultra-paranoid pilot who claimed he was once abducted by aliens in the movie *Independence Day* — came to Canada seeking asylum, because Hollywood star whackers were out to kill him. Quaid said if it wasn't for Canada's refugee system he and his wife would be dead.



A look at top Canadian news events of 2010 from the Canadian Press

- Haiti devastated by strongest earthquake to hit impoverished nation in more than 200 years.
- Zakaria Amara, main organizer of the so-called Toronto 18 plot to bomb high-profile Ontario targets, is sentenced to life in prison.

- Col. Russell Williams is charged with first-degree murder in deaths of two eastern Ontario women and with sexually assaulting two others.

- Georgian luger Nodar Kumaritashvili, 21, is killed during Olympic training run before Winter Olympics.

- Canada finishes Vancouver Winter Games with a record 14 gold medals for a host country.

- Revelations that former junior hockey coach Graham James was pardoned after being convicted of sexually abusing two former players sparks outrage.

- Prime Minister Stephen Harper announces minister for the status of women.

- New RCMP Taser policy calls for use of stun guns only against people who are hurting someone or clearly about to do so.

- Marc Emery, Canada's self-styled Prince of Pot, is extradited to United States to face drug charges.

- Harper government announces new federal legislation that would end pardons for criminals and replace them with harder-to-get "record suspensions."

- Brig.-Gen. Daniel Menard, Canada's top soldier in Afghanistan, is relieved of command after allegations of inappropriate relationship with female subordinate while in theatre.

- Roving bands of militants use so-called Black Bloc tactics at G20 protest in Toronto, smashing store windows and torching police cars; violence sparks police crackdown that ends with more than 1,000 arrests by next day.

- Controversial harmo-

- nized sales tax (HST) is implemented in Ontario and B.C.

- University of Waterloo academic David Johnston named as Canada's new governor general.

- MPs in House of Commons vote 153-151 to kill a Conservative private member's bill to scrap the long-gun registry.

- Ontario Superior Court Justice Susan Himel strikes down Canada's prostitution laws, but federal government later wins extended stay while it appeals.

- Prime Minister Stephen Harper confirms Canadian troops to stay in Afghanistan past July 2011 deadline.

- Syncrude Canada is

- found guilty under wildlife laws of causing the death of 1,600 ducks in oilsands tailings pond in northern Alberta.

- MV Sun Sea carrying 490 Tamil migrants docks at CFB Esquimalt near Victoria.

- Ontario Superior Court judge rules Canadian Blood Services is legally allowed to ban men who have sex with men from donating blood.

- FOX TV announces singer-actress Jennifer Lopez and Aerosmith frontman Steven Tyler will join Randy Jackson as American Idol judges.

- Canadian-born director James Cameron wraps up visit to Alberta oilsands by saying failure

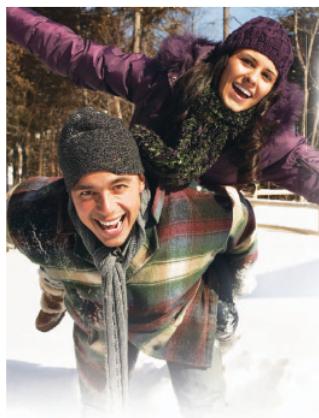
- to reduce environmental impact will transform them into eco-catastrophe.

- Canada loses a bid for one of the non-permanent seats on the powerful UN Security Council.

- Jonathan Duhamel of Boucherville, Que., wins World Series of Poker title and \$8.94-million.

- Five Canadian tourists and two Mexican employees are killed in massive explosion at luxury hotel in Playa del Carmen, Mexico.

- Mass rescue of hundreds of people trapped in their vehicles overnight after a massive snowstorm and high winds shut down highway near Sarnia, Ont.



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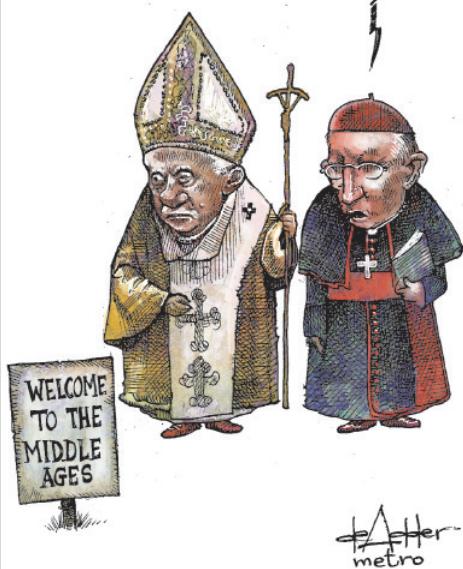


WHEN I WAS YOUR AGE,
I DEFEATED THE NAZIS
IN HOLLAND.

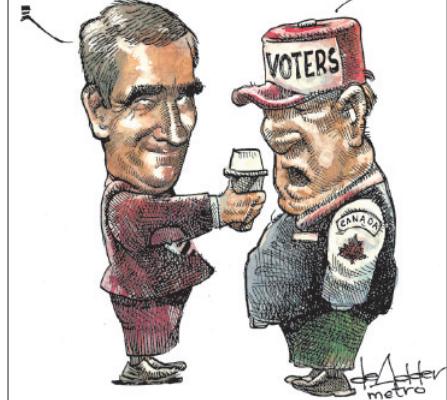


Michael de Adder's top 'toons of 2010

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TAKES THE CATHOLIC CHURCH
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Prostitution law upheaval

► Robert Pickton case instrumental in Ontario Supreme Court's fall ruling ► Government has until April 2011 to appeal

The families of Robert Pickton's victims finally got something to bury this year.

The process of returning the remains of the 26 women Pickton was accused of killing began in late summer, after the Supreme Court of Canada ended the legal proceedings in the case by refusing to grant him an appeal.

But advocates for marginalized women have continually fought — often fruitlessly — to ensure the case becomes more than just a collection of macabre stories of lives disposed by a dullard of a man who gained serial-killer celebrity.

In the years since Pickton's victims vanished, while others disappeared from a lonely stretch of northern B.C. highway and still more went missing from Edmonton, Winnipeg and city streets across

Canada, at no time have policy makers been paying more attention.

And potentially explosive challenges to Canada's prostitution laws working their way through courts — cases with roots in the Pickton killings — could force authorities to act.

"We're not going for changes just in and around the Vancouver area," said Gladys Radek, a Vancouver woman who started Walk4Justice, a cross-Canada march to draw attention to the phenomenon of missing and murdered women, by some estimates, up to 500 countrywide.

"We're going for municipal and provincial and federal changes in the judicial system so this won't happen again."

Radek's niece, Tamara Chipman, disappeared in 2005 and is among at least 18 women who have gone missing over four decades



► Elana Papin, left, with Cynthia Cardinal, centre, and Bonnie Fowler outside B.C. Supreme Court in New Westminster in 2007. The three are sisters of Pickton victim Georgina Papin.

along the so-called Highway of Tears, between Prince Rupert and Prince George in northern British Columbia.

In Pickton's case, the le-

gal proceedings ended in July when the Supreme Court of Canada denied his appeal and upheld his convictions on six counts of second-degree murder.

A long-demanded inquiry into the Pickton case was announced in September.

In October, provincial justice ministers and their

federal counterpart acknowledged that the cases of missing and murdered women haven't been given the attention they deserve.

THE CANADIAN PRESS

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Real winner at World Cup was South Africa

► **Diego Maradona fired as coach after Argentine losses** ► **Final match was a disappointment**

The World Cup finally made it to Africa in 2010 and plans were made to send football's showpiece to even more new destinations.

After South Africa overcame dire predictions of security problems and half-empty stadiums to stage a World Cup that united the country in celebration, FIFA voted to give future tournaments to Russia and Qatar.

South Africa's first-round exit made it the least successful host team in World Cup history, but the rest of the country mostly coped admirably with its biggest global gathering since the end of a decades-long boy-

► Spain's goalkeeper

cott by world sport.

Fans worldwide became intimately acquainted with the incessant buzz of the vuvuzela as South Africans celebrated the World Cup.

But on the field, the

World Cup was far from a classic. Spain's 1-0 win over the Netherlands came in the dirtiest ever final, which was an appropriate end to a tournament that promised much but delivered little.

While Germany again thrilled neutrals to take third place for a second straight tournament, Brazil was dour. Italy and England were even worse, but France took the unofficial title of tournament laughing stock — so consumed by dissent that players refused to train before a 2-1 loss to South Africa that confirmed the team's humiliating first-round exit.

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2010 – A year of disasters

- ▶ 260,000 killed – most deadly year since 1983
- ▶ Scientists say human activity, global warming made things worse



▶ A girl suffering cholera symptoms receives treatment at the Doctors Without Borders temporary hospital in Port-au-Prince.

This was the year the Earth struck back.

Earthquakes, heat waves, floods, volcanoes, super typhoons, blizzards, landslides and droughts killed at least a quarter million people in 2010; the deadliest year in more than a generation. More people were killed world-

wide by natural disasters this year than have been killed by terrorists in the past 40 years combined.

"It just seemed like it was back-to-back, and it came in waves," said Craig Fugate, who heads the U.S. Federal Emergency Management Agency. It handled a record number

of disasters in 2010.

And we have ourselves to blame most of the time, scientists and disaster experts say.

Poor construction and development practices conspire to make earthquakes more deadly than they need be. More people live in poverty in vulnera-

ble buildings in crowded cities. That means that when the ground shakes, the river breaches, or the tropical cyclone hits, more people die.

The January earthquake that killed well more than 220,000 people in Haiti is a perfect example.

In February, an earthquake that was more than 500 times stronger than the one that struck Haiti hit an area of Chile that was less populated, better constructed, and not so poor. Chile's bigger quake caused fewer than 1,000 deaths.

Climate scientists say Earth's climate also is changing thanks to man-made global warming, bringing extreme weather, such as heat waves and flooding.

In the summer, one weather system caused oppressive heat in Russia, while farther south it caused flooding in Pakistan that inundated 160,580 square kilometres, about the size of Bangladesh.

THE ASSOCIATED PRESS



2012 campaigns start in the U.S.

For Barack Obama, 2011 may at least provide some respite from a year-long litany of misery for the White House, culminating in a mid-term election "shellacking" and ending with the president locked in an unusual showdown with the disillusioned lawmakers of his own party.

In the summer, one weather system caused oppressive heat in Russia, while farther south it caused flooding in Pakistan that inundated 160,580 square kilometres, about the size of Bangladesh.

Sarah Palin, the former Alaska governor who's considering a presidential run, will be the candidate to watch as establishment Republicans plot and scheme to ensure she fails, regardless of her wild popularity among the party's conservative base.

Pundits predict an enthralling political soap opera if Palin throws her hat in the ring against candidates such as former Massachusetts governor Mitt Romney and Mike Huckabee, a one-time Arkansas governor.

THE CANADIAN PRESS



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Economic rebound dubbed 'the Great Disappointment'

Recession in Canada wasn't as awe-inspiring as predicted, neither is the recovery: Economists

The greatest economic meltdown the world has seen since the big one of the 1930s turned out to be a garden-variety slump for this country, one that ended a mere three quarters after it began and shaved a relatively small 3.4 per cent

from the country's output. But if the recession wasn't great, the recovery has been equally uninspiring, driving CIBC's chief economist Avery Shenfeld to dub it the Great Disappointment.

And to rub salt into the

wound, the disappointment threatens to drag on and on and on.

Some, including Bank of Canada governor Mark Carney, have speculated the hangover from what was indeed a major crisis in the U.S. and much of Europe could last a decade.

"History suggests that recessions involving financial crises tend to be deeper and have recoveries that take twice as long," he told the Economic Club of Canada this month.

"In the decade following severe financial crises, growth rates tend to be one percentage point lower and unemployment five percentage points higher. The current recovery is proving no exception."

He was talking about the



► Federal Finance Minister Jim Flaherty, left, and Bank of Canada governor Mark Carney meet provincial and territorial finance ministers in Kananaskis, Alta., last week.

global economy, but as a smallish trading nation, what goes around in the world eventually comes around to Canada, economists point out.

In recent pronouncements, Finance Minister Jim Flaherty has shown little inclination of resorting to more deficit spending to try and spark a stronger re-

covery than what appears to be coming naturally, which forecasts say will be in the two-to-three per cent range for the next couple of years. **THE CANADIAN PRESS**

The numbers

- Assessing the economy going forward, central banker Mark Carney fingered the weak U.S. demand for Canadian goods and the high Canadian dollar as key soft spots for Canada.
- Economists believe the loonie hovering near parity with the U.S. is between five and 10 cents too rich. Such a fundamentally overvalued currency makes foreign goods more attractive to Canadians and Canadian goods less attractive to foreigners — not a good trade-off in economic terms.
- That is a major reason why Canada's current accounts deficit with the rest of the world ballooned to a record \$17.5 billion in the third quarter, and Canada's share of U.S. imports dropped to a record low of 15 per cent, from 20 per cent just nine years ago.

Are your final wishes on this list?

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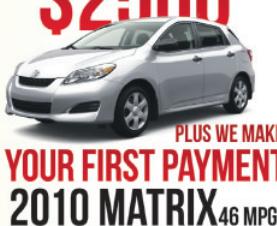
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16

metro

metronews.ca
MONDAY, DECEMBER 27, 2010

MATT DUNHAM/ASSOCIATED PRESS



► Prince William and his fiancée Kate Middleton arrive to view the Thursford Christmas Spectacular gala in Thursford, England, last week. The royal couple are due to marry on April 29, 2011.

Events, celebs to influence travel

► Vegas No. 1 U.S. destination for 2011 ► New Orleans expects student influx during spring break Mardi Gras

Anniversaries, events, celebrities and the economy will influence travel in 2011, from the royal wedding in London, to the 10th anniversary of the Sept. 11th attacks in New York.

London is sure to be crowded for the April 29 wedding of Prince William and Kate Middleton. "If Charles and Diana got 600,000 people who came into London for that wedding, I could see a million for this one," said travel expert Pauline Frommer, creator of the Pauline

1%

One of the biggest questions for 2011 is how consumers will view travel to Europe. Air travel by North Americans to Europe was down about one per cent for the first six months of 2010.

Frommer Guides.

New York has also turned up on hot lists for 2011, including the No. 1

city in Lonely Planet's Best in Travel 2011 guidebook. "For all of New York, 11 September 2011 will be a defining moment," wrote the publisher's U.S. travel editor Robert Reid. A Sept. 11 memorial, with reflecting pools set above the footprints of the World Trade Center, is expected to open in time for the anniversary of the attacks.

The 150th anniversary of the start of the Civil War is also being marked this year.

THE ASSOCIATED PRESS

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Scene in brief



What began as an experiment in late-night, ended in a fiasco that made NBC a laughing stock and captivated the country. In January 2010, NBC sought to displace Tonight Show host, Conan O'Brien, by restoring Jay Leno to 11:35 p.m. But O'Brien didn't go for the 30 minute shift, and the fallout was one of the most public debacles in network history. In the end, O'Brien left with a huge settlement and finally ended up with a new show at TBS. Leno retook the Tonight Show.

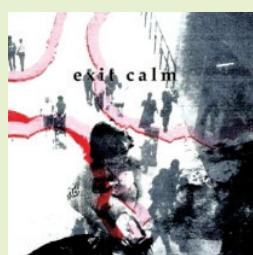
THE ASSOCIATED PRESS



In the year of Move and Kinect, Red Dead Redemption moved and connected.

➲ You've already seen a ton of Best Albums of 2010 lists, all featuring the usual suspects. So I thought I'd offer my list of albums that seemed to get lost in the shuffle this year. Each deserves a second listen.

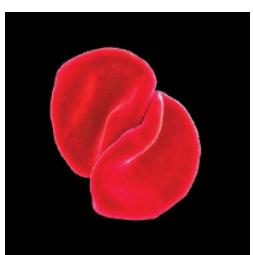
TEXT ALAN CROSS



1

Exit Calm,
Exit Calm

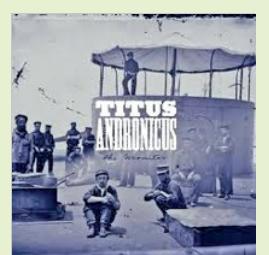
A Yorkshire band reminiscent of early-to-mid period Verve marbled with a little shoe gazer. Too fuzzy and floaty for the mainstream, it nevertheless is one of the better records of its kind in recent memory.



2

Peter Gabriel,
Scratch My Back

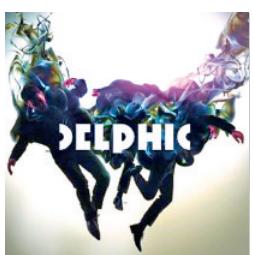
When this album of covers arranged for orchestra was released in February, a lot of people said, 'this is what we've been waiting EIGHT YEARS for?' and turned away. That was a mistake because Gabriel does some interesting re-imagining with this record, especially with David Bowie's Heroes.



3

Titus Andronicus,
The Monitor

A band named after a Shakespearean play with a concept album about the U.S. Civil War? At first blush, this sounds ridiculous and self-indulgent. Closer inspection is rewarded with one of the more erudite CDs of 2010.



4

Delphic,
Acolyte

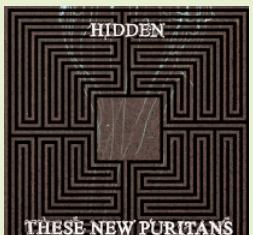
An astonishingly mature-sounding debut from a young Manchester band. If New Order were starting out today, they might sound like these people. The perfect music for hip hair salons and the lobbies of boutique hotels.



5

Free Energy,
Free Energy

Disappointed by the latest offerings from Weezer or the prolonged absence of the Strokes? Then try the debut record from this Philadelphia band. Bang Pop is a terrific single.



6

These New Puritans,
Hidden

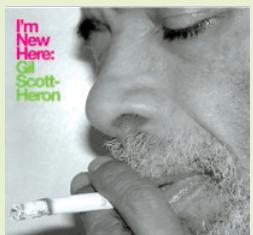
If you read British music magazines, you have noticed this CD at the top of several year-end lists. I was hooked from the moment I heard the song We Want War. If Braveheart were around today, he'd have his army marching to this.



7

Tobacco,
Maniac Meat

When I played this album for a friend, he came close to stroking out because of its sheer weirdness. If you make it out alive, try Tobacco's full-time band, Black Moth Super Rainbow.



8

Gil Scott-Heron,
I'm New Here

Without the influence of G-S-H's work in the 70s, rap and hip-hop would have evolved very differently. This album is his first in 15 years (dude's been in jail, so he was, er, otherwise occupied) and showed that he hadn't lost any of his vitality.

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The highs and lows of Hollywood 2010



It's been an odd year, 2010, with some surprise box office hits (Hey there, Alice in Wonderland) and high-profile misses (Burlesque, I'm looking at you) mixed in with the usual Twilight and Harry Potter cash cows. With the holidays — and awards season — upon us, we try to make sense of it all by tallying up the best and worst films of 2010.

Up and down

Inception

A triumph of storytelling, visuals and emotion, Christopher Nolan's dream-scape is an all-around winner.



Sex and the City 2

It's rare for a movie to be this aggressively bad, especially when it's part of a beloved, successful TV and film franchise. Whether it was the worse-than-usual puns, the recession or the cultural tone-deafness, this was a tour de force of awfulness.



Ups

The Social Network

As timely as it is entertaining, David Fincher's Face-book movie gets great performances from its young cast, but it's Aaron Sorkin's screenplay that is the real star here.

Never Let Me Go

A subtle, moving adaptation of Kazuo Ishiguro's heart-breaking novel, the film proved that Carey Mulligan's Oscar nomination last year wasn't a

Downs

Eat Pray Love

Beautiful to look at, as long as you don't listen to Julia Roberts' character's lamentations about being spiritually unfulfilled. It's two and a half hours of yuppie faux-spirituality, objectifying different cultures and rampant self-absorption.

For Colored Girls

Tyler Perry's clumsy adaptation — and even clumsier direction — left his stellar cast of actresses twisting in the wind.

fluke.

Black Swan

Though it's been jokingly referred to as Showgirls for the art-house set, Darren Aronofsky's mind-bending look inside the world of professional ballet will leave you blinking at the screen.

The Ghost Writer

Though likely not Tony Blair's favourite film of the year, Roman Polanski's taut thriller about a memoir-writing former Prime Minister with something

to hide was chilling and near-perfect.

Toy Story 3

Proving that franchises don't have to decline in quality as they go on — I'm looking at you, Shrek — this wasn't just a great animated film, it was a great film.

Blue Valentine

Absolutely devastating portrayal of a marriage imploding, this too-real drama starring Ryan Gosling and Michelle Williams will haunt you.

Scott Pilgrim vs. The World

Edgar Wright's comic adaptation was possibly the most entertaining and original film of the year. Practically an anthem for the video game generation.

The Kids Are All Right

Anchored by a pair of hilariously flawed performances by Annette Bening and Julianne Moore as lesbian parents, this film's portrait of a modern family hit all the right notes.

Recycle your old Electronics



Now that all the gifts have been unwrapped, please remember to recycle your unwanted electronics. Nova Scotians can **recycle their electronics responsibly** by dropping them off **FREE OF CHARGE** at one of the many Atlantic Canada Electronics Stewardship (ACES) Drop-off Centres located throughout the province.

For a list of recyclable items, or to find your nearest drop-off centre, visit

www.acesstewardship.ca or phone **1-877-774-3260**.



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10 overlooked films

► Don't miss these hidden gems that may have escaped you first time round

 **RICHARD CROUSE**
SCENE@METRONEWS.CA

According to movie web.com, 648 movies were released in theatres in 2010. At an average of an hour-and-a-half each that's 972 hours of film. Viewed continuously it would take almost 41 complete days to see them all.

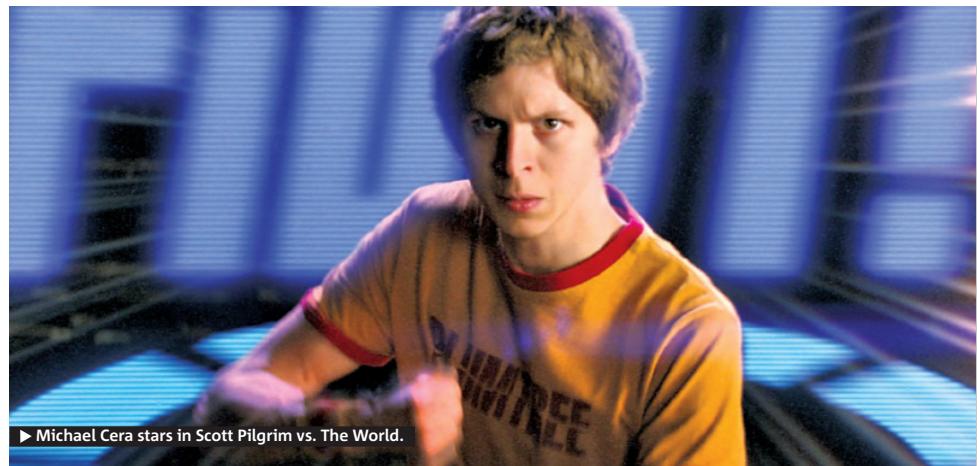
Here are some of 2010's releases you may have missed but are worth a look.



Splice
In *Splice* a creature goes from newborn to troubled teen in just a matter of weeks. Starring Sarah Polley and Adrien Brody, it's giddy good fun; the rare sci fi flick that revels in its b-movie roots while also offering up something to think about.



Harry Brown
Michael Caine has rarely been better than he is in *Harry Brown*, a gritty Teabag Western about an old man in the Elephant and Castle section of London who strikes back after a gang kills his best mate.



► Michael Cera stars in *Scott Pilgrim vs. The World*.

Scott Pilgrim vs. The World

Scott Pilgrim vs. The World stars Michael Cera as a 22-year-old Torontonian who must defeat his girlfriend's Seven Evil Exes if he wants to be with her. It's a wild ride that nails the pop culture zeitgeist but also tells a universal human story.



Cyrus

Cyrus is an odd movie. It's about a lonely guy, the woman of his dreams ... and her quirky son played by



Get Low

Get Low, the unlikely story of a man arranging his own funeral, took on three han-

kie status as Robert Duvall played an old man looking back on his wasted life.



Flipped

Rob Reiner's *Flipped* is coming-of-age *Rashomon* filtered through *Leave it to Beaver* with a dash of *The*

Wonder Years thrown in for good measure. In other words, it's a touching, but idiosyncratic film about growing up.



The Disappearance of Alice Creed

The kidnapping drama *The Disappearance of Alice Creed* features three characters, three, maybe four sets

and one hundred minutes of unrelenting tension. It's a nasty little piece of work, remorselessly bleak but carefully crafted enough to be intriguing.



Winter's Bone

Winter's Bone should be seen not only for its uncompromising story of an Ozark girl who will do anything to keep her family together, but also for the breakout performance of its star Jennifer Lawrence.



Defendor

In *Defendor* Woody Harrelson plays a man whose rich inner life spills out into his real life. By day he's dead-end-job-Arthur but at night he's superhero Defendor. Gritty and funny, Harrelson breathes life into a role that could easily have fallen into cliché.



Marwencol

Marwencol, a documentary about a man with a severe brain injury who creates his own world as therapy is one of the funniest, most touching and inspirational films of the year.



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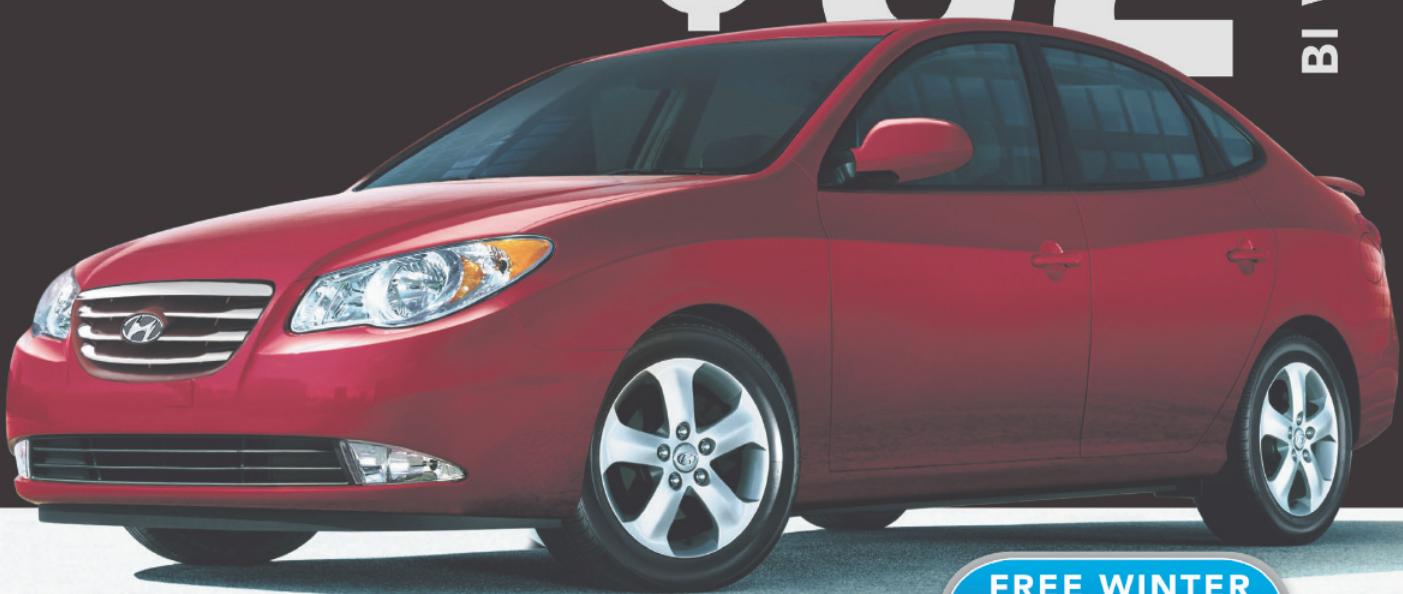
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TV's downfall?

Recent launch of Google TV in the U.S. allows consumers to watch web content on the big screen

As television executives try to predict how the industry will evolve in 2011 as more viewers watch shows online, they're cognizant — and perhaps a little worried — about the painful lessons learned from the music industry's digital revolution. They know all too well that once consumers can access free content on their

own terms, it's awfully difficult to return to the status quo.

"Few think 2011 will be the year Canadians cancel their cable subscriptions en masse and start watching TV exclusively through the Internet, but it may mark the start of that seemingly inevitable future."

"We're not jumping off

our buildings worried about it ... but I don't believe any of us are naive enough to believe that we alone can halt the inevitable progress of technology and the merging of multiple screens," said Alon Marcovici, CTV's executive vice president of digital media.

THE CANADIAN PRESS

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What's on

Monday | T | W | T | F | S | S

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CTV.ca Interview! The stars talk about why they think fans connect with their show. Complete list Find out when you are airing this winter!

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etalk's gossip expert Lainey counts down the stories that had celebrity-watchers buzzing this year. To stay updated on all the drama 2011 will bring, watch etalk on CTV, or catch Lainey online at laineygossip.com

TEXT LAINY LUI



Marriage ends in scandal

Two weeks after winning the Best Actress Oscar, Sandra Bullock found out via supermarket tabloid that her husband was cheating on her with a woman who tattooed her own face.

Jesse James's mistress count would soon rival Tiger Woods's. Bullock refused to throw herself a public pity party, initiated divorce proceedings immediately, and then revealed to the world that she'd managed to conceal an adoption.



She introduced baby Louis on her own terms on the cover of People Magazine, proving that celebrities can maintain privacy ... if they actually want to.

William, Kate get engaged

People lose their minds over ordinary weddings. When it comes to a Royal Wedding, things get straight up out of control.

Ending months of speculation, Prince William finally announced in November that he will marry commoner Kate Middleton.

He proposed with his mother's engagement ring.

They posed for his mother's favourite photographer. Everyone wants to know who's designing her dress.

But the real drama will be whether or not Camilla Parker-Bowles, her future stepmother-in-law, will have to curtsey to William's new bride. Kate will rank higher than Camilla when she marries.



Lohan in and out of courts, rehab

Lindsay Lohan opened 2010 by announcing she'd be playing porn star Linda Lovelace in a new biopic.

Then she lost her passport while partying at the Cannes film festival right before a probation hearing. Lohan made it worse when she finally showed up for court with "F— You" written on her middle fingernail. That resulted in a two-week stint in jail, fol-

lowed by two trips to rehab, where she reportedly had an altercation with a rehab staffer.

Meltdown taints actor's reputation

This was the year that Mel Gibson went from Braveheart to Breathe-Hard.

The world became intimately familiar with Gibson's raging rants and heavy exhales after cell phone conversations between him and his ex-lover Oksana Grigorieva were leaked online as the two battled over abuse allegations and custody of their daughter.



Gibson's reputation was so tarnished he was dropped from a cameo in The Hangover sequel.

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Mad Men heads top 10

► Television had its share of ups and downs in 2010, here The Associated Press pick their top shows for the year



1

Mad Men (AMC)
This series' fourth season resumed in November 1964 with magnetic ad man Don Draper (series star Jon Hamm) divorced and struggling at his startup agency. The season ended a year later as Draper found love — or so he thought — with his beautiful young secretary. Maybe the series' best year yet.

THE ASSOCIATED PRESS



2

Spartacus: Blood and Sand (Starz)
With all the bloody violence, you felt the urge to take a shower. With all the hardsbodies and hankey-panky, you wanted to take a cold shower. An orgiastic blend of hyper-realism and epic fantasy, with an outstanding cast including Lucy Lawless (Xena: Warrior Princess), this show is a wicked treat unlike anything else on TV.



3

Treme (HBO)
Set in the months after Hurricane Katrina, this drama is a sometimes joyful, sometimes painful homage to New Orleans. There is plenty of evident rage over the preventable disaster that resulted from Katrina. But there's also music, soul and cultural zest propelling this saga of a city determined to get back on its feet.



4

30 Rock (NBC)
By now, its fifth season, this wildly celebrated comedy should either be feeling its age or larded with self-satisfaction. Instead, it's as zany, fresh and inspired as ever. Its send-up of big business, with a conglomerate called Kabletown devouring GE Sheinhardt NBC Universal, has represented 30 Rock at its wackiest.



5

Walking Dead (AMC)
A tattered band of survivors faced a zombie invasion in Atlanta (and who knows how far beyond) in a drama that proved macabre, suspenseful, poignant and horribly funny. Its all-too-fleeting six-episode first season left the audience as ravenous as zombies to feast on the monstrous twists surely lurking next year.

Five more

Those shows that just missed out on a place in the top five.

- 6. Super Bowl Ad with Dave, Jay and Oprah (CBS) Produced on the sly and aired just once, during last February's Super Bowl telecast.
- 7. Luther (BBC America) Idris Elba (The Wire) stars as the charismatic, tormented Luther.
- 8. The Good Wife (CBS) In its second season, this courtroom-and-family drama has been even better and more surprising than before.
- 9. Carlos (Sundance Channel) Edgar Ramirez stars as Carlos the Jackal.
- 10. God in America (PBS) Frontline and American Experience documentary.

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3 life

Stay warm



Warm feet

Stay warm and well footed with these unisex socks by thermal wear experts Damart. Worn over tights or tucked in boots they will ensure your toes don't freeze when playing in the snow or that your feet stay warm when you're curled up on your couch this Christmas.

ROMINA MCGUINNESS

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Embrace healthy living

► This year, why not resolve to include more super foods to your everyday diet?



JESSICA
CARLESON
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

1 BLACK RICE

Once consumed only by Chinese nobility, "forbidden" black rice is being hailed as the latest super grain.

"It can help protect against cancer and heart disease and is rich in anthocyanin antioxidants. One spoonful of black rice bran contains more health-promoting anthocyanin antioxidants than are found in a spoonful of blueberries," explains Zhimin Xu, associate professor in the Department of Food Science at Louisiana State University.

2 CHERRIES

Cherries contain melatonin, the same chemical the brain makes to get us to fall asleep at night.

"We usually make enough of this naturally but cherries can help those suffering from jet lag or irregular sleeping patterns," explains nutritionist Michele Kingston.

3 COFFEE BERRIES

Comprised of the entire coffee fruit as opposed to just the bean, "coffee beans have a stellar antioxidant content," explains Jody Villeco, Whole Foods market nutritionist.

4 COCONUT WATER

The super drink of the year, coconut water is the purest liquid after water.

"People assume it's fatty but it's sourced from the young green coconuts and contains no fat at all...and one glass is 60 calories," explains Dana James, New York nutritionist and founder of Food Coach NYC.

5 RAW CHOCOLATE

"Raw chocolate is a minimally processed and antioxidant enhanced form of chocolate," says Villeco. Remarkably rich in magnesium, it is important for cardiovascular health.

6 BARLEY

Villeco explains how barley's soluble fibre has huge benefits such as keeping blood sugar levels balanced, promoting satiety

and benefiting digestive and heart health. "Barley is high in beta glucan, which helps eliminate cholesterol from our bodies, and niacin (vitamin B3) which helps reduce it," explains Kingston.

7 CHESTNUTS

Far lower in calories than other nuts and a vitamin powerhouse (B6 and C), chestnuts make the perfect winter snack.

"They are full of fibre and a great source of magnesium and iron," explains raw food expert Christina Agnew.

8 APRICOTS

"Apricots are rich in antioxidant beta-carotene that promotes healthy

eyes and skin, boosts the immune system and the elimination of free radicals," says Agnew.

"Look for sulphite-free varieties and remember that although natural, dried fruit is a concentrated source of sugar," explains Villeco.

9 WHITE BUTTON MUSHROOMS

White button mushrooms contain high levels of potassium that helps lower elevated blood pressure as well as selenium, which works with vitamin E to protect the body's cells. They are super low in calories and are very hydrating as they are nearly all water (80 to 90 per cent).

"They also deliver ergosterol, a form of vitamin D," says Villeco.

How to keep yourself nice and warm this winter

"Cold is a stress on the body, so it's important to keep warm to avoid this 'stress' response," says nutritionist Michele Kingston.



ist Michele Kingston.

1 Layer up: Pile up the layers when getting dressed and always wear an extra layer than you normally would. Heat gets trapped between each

layer and you will be warmer than if you were wearing one thick one.

2 Hot bottles: Go to bed with a hot water bottle, it may be totally old school, but nothing

beats it.

3 Avoid quick fix heat: Steam rooms and saunas may not be such a great idea, because the body gets so hot that the cooling mechanisms are acti-

vated and you may end up feeling colder.

4 Drink and eat up: Add warming herbs, such as ginger, cinnamon, cloves and nutmeg, to your food and drink.



A healthier, satisfying party food: Recipe for curried tropical nut mix

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New Year's traditions

From fire ceremonies to gongs, each country has its own unique way of ringing in the New Year

JESSICA LEWIS
@METRONEWS.CA

On New Year's Eve in Canada, most of us watch the ball drop on a television set while sipping champagne, warm and cozy inside our homes. In other countries, there are different traditions that honour the incoming new year. From good luck charms to fire-

works to elves, here are a few countries with fascinating celebrations.

Scotland

The Scottish New Year celebration has become a huge festival named Hogmanay. Many cities take part in the festival, but Edinburgh and Glasgow boast the largest. There are music performances, fire ceremonies such as torchlight processions, and street parties. The celebrations can last up until Jan. 2.

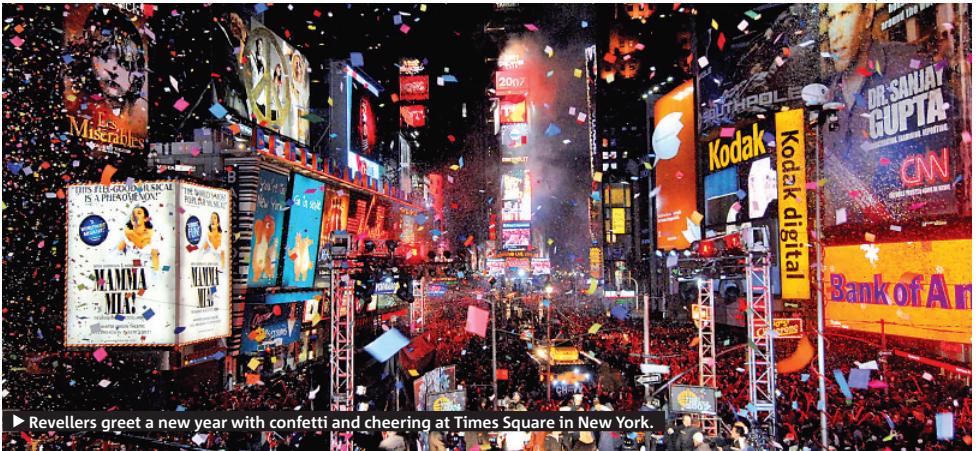
First footing

Part of the Hogmanay tradition in Scotland, neighbours would visit each other after the clocks tolled midnight.

The first person to cross the threshold would bring gifts — a coin, bread, salt, coal, or a drink — to bring good luck to the home.

Brazil

The largest New Year's Eve celebration in Brazil is on Rio de Janeiro's Copacabana beach. Attendees of the beach parties wear white for good luck and to honour the goddess of the water, Iemanjá. The beach boasts numerous concert



▶ Revellers greet a new year with confetti and cheering at Times Square in New York.

Iceland

A popular tradition on New Year's Eve is to participate in community bonfires. They usually take place in the evening, after family

stages, lots of dancing and large fireworks displays at midnight.

dinners. At midnight, families have their own sets of fireworks and firecrackers. In Iceland, traditions can extend until Jan. 6, with a celebration for elves and trolls.

Japan

Known as Oshogatsu, the

holiday is one of the most important for the country. It is a time for families and getting rid of the year's bad luck, making way for new, more prosperous luck. On Dec. 31, Buddhist temples ring gongs 108 times to expel 108 different types of human weaknesses.

Spain

One popular Spanish tradition during the celebrations is for a person to eat 12 grapes, one for each stroke the clock makes at midnight.

If you can eat them all successfully, you will have good luck.

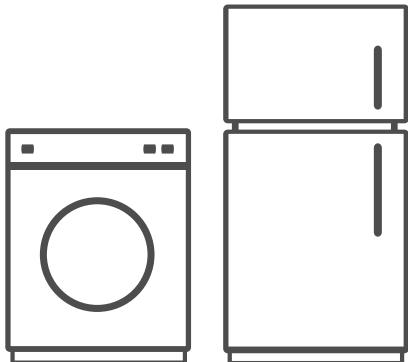
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Your New Year's resolutions

WE ASKED TWO COOL CANADIANS WHAT THEY PLAN ON CHANGING IN 2011.

Rick Mercer

RICK MERCER REPORT, CBC

I resolve to be calm when I see my government lying. Also, when I see my government abusing Canadian veterans over and over again, I will be calm. When our government pits rural against urban, East against West, English against French, Tim Hortons against fill-in-the-blank, I will be calm. When I see MPs from all parties playing stupid partisan political games instead of working together to make Canada a better place, I will be calm. Actually, I take all that back. To hell with being calm, anger is my cardio. And like everyone else, I hate going to the gym.



Jessica Holmes

COMEDIENNE ON ROYAL CANADIAN AIR FARCE, CBC

When winter comes, I fall in love with the snow (especially the white snow). Our winter wonderland makes me recommit to the environment each year. In 2010, I shopped used instead of new in the areas of clothing, home furnishings, books, and pots & pans... basically everything but undies (sorry environment, that's where I draw the line). The lady with the wild kids at the monthly 50 per cent off days at Goodwill? Me. In 2011, I'm going to keep finding new ways to go green. I'll probably stop short of bicycling in winter wearing birkenstocks and sporting dreads, but I will be bringing my reusable thermos on the subway instead of buying bottled water. Baby steps to a green future, baby!



Have a healthy holiday

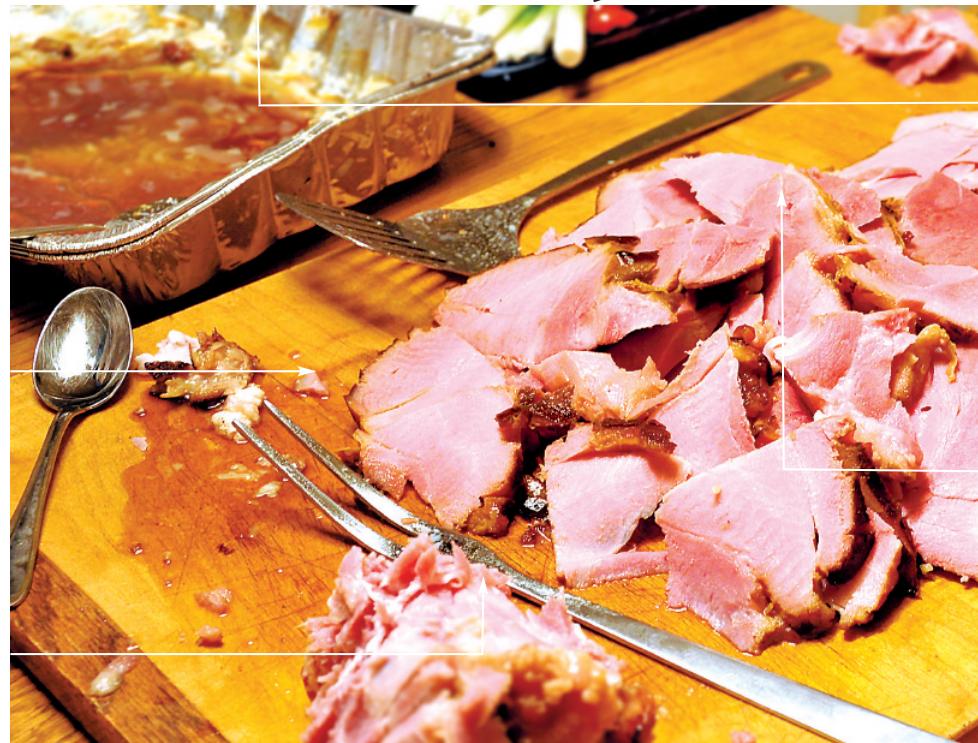
The many gatherings that take place over the holiday period can generate plenty of leftovers, a bonus for the harried cook. Leftovers are safe to eat as long as certain food-handling practices are followed. Here are some tips from Health Canada:

Handling leftovers

- Before and after handling leftovers, wash hands, utensils, dishes and work surfaces with hot soapy water.
- Keep foods out of the temperature danger zone (4 C to 60 C) to prevent the growth of harmful bacteria.
- Discard any cooked food left out more than two hours. When in doubt, throw it out.

Cooling leftovers

- Refrigerate leftovers in uncovered, shallow containers.
- Very hot items can first be cooled at room temperature.
- Leave lid off or wrap loosely until food is cooled to refrigeration temperature.



ly until food is cooled to refrigeration temperature.

Storing leftovers

- Always use a clean container to hold leftovers, or wrap leftovers in leak-proof plastic bags to prevent cross-contamination. Keep different types of leftovers separate.
- Eat refrigerated leftovers within two to three days, or freeze for later use.
- Date leftovers to help identify contents.

Reheating leftovers

- Reheat leftovers to an internal temperature of 74 C. Use a digital food thermometer to check the temperature.
- Bring gravies, soups and sauces to a rolling boil and stir during the process.
- When reheating in the microwave, use only containers and wrap designed for use in the microwave.
- For more information, visit canfightbac.org.

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**Feet**

When dancing, "it's better to wear a higher heel versus a stiletto for reduced stress on the heel, ankle and the front of the foot," says Rock G Positano, director of the foot and ankle service at Hospital for Special Surgery in New York.

**Hair extensions**

Enjoy them, just not every day for years. Extensions "can cause considerable damage," says trichologist Philip Kingsley. "Damage can include severe hair breakage and bald patches."

Looking good ain't easy

**BEDTIME BEAUTY****Make up**

It's 4 a.m. and you've tumbled out of the taxi and into your bed—makeup on and fully clothed. "By not sticking to your nightly beauty routine you could be causing havoc to your

skin and teeth," explains Sinead Norenius, founder of skincare line Beauisol. Forgetting to take your makeup off can lead to clogged pores and turn your skin into a breeding ground for bacteria. Nighttime is when the skin repairs itself from free radicals and pollution that

builds up during the day and heavy makeup makes it more difficult for your skin to work.

Teeth: Going to bed without brushing your teeth could lead to plaque build up and bad breath.

Solution: Leave a stash of makeup wipes by your bed. ■ ROMINA MCGUINNESS

GETTY IMAGES**Nails**

Think twice before gluing on fake nails this NYE. "Stick-on nails won't be secure," says Thea Green founder of salon Nails Inc. They could also cause chemical damage to the nail bed or suffocate or tear off your real nail. Get a manicure.

**Eyes**

Lash extensions are glued to individual lashes at the root of the lash and are applied on the upper eyelid using pointed tweezers and strong adhesive. Removing lashes could remove natural ones. Invest in good mascara and eyelash curlers.

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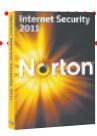
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DR. NATASHA TURNER

Hormone Imbalances: Achieving Your Best Weight and Wellness

Dr. Natasha Turner is one of Canada's leading naturopathic doctors and natural health consultants. Her #1 bestseller *The Hormone Diet* is based on her clinical approach for creating hormonal balance to gain strength, lose fat and live younger longer. Her experience has contributed to the creation of two commercial weight-loss programs and top-rated supplement formulations.



FRED CONNORS

Resiliency, Self-Esteem and Achieving Your Goals

Real beauty is confidence, a state of mind. This is the philosophy of Fred Connors, who owns a salon, cafe and art gallery. He is also a self-esteem and makeover expert, who starred in the hit Canadian television show, *X-Weighted*. A top hair stylist, he is also a clothing designer, photographer, makeover artist, with his own signature FRED face cosmetic line.



PETE LUCKETT

Healthy Fast Food: How to Shop, Prepare and Enjoy!

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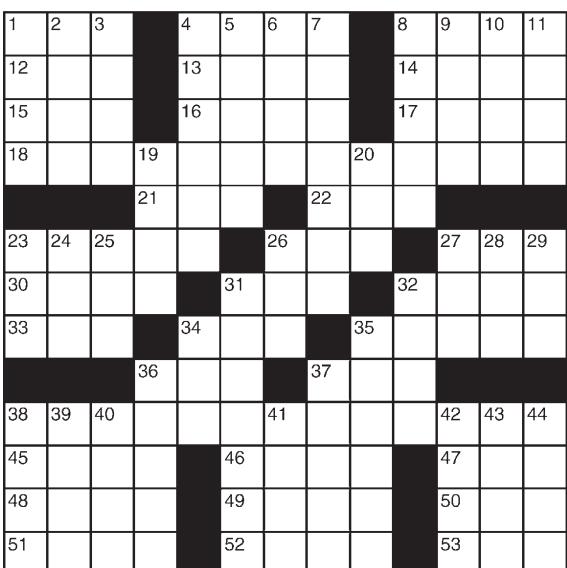
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Crossword

Across
 1 Unfriendly
 4 Gospels' follower
 8 Mr. Pitt
 12 Discoverer's cry
 13 Coin aperture
 14 Hindu princess
 15 Dress
 16 Long story
 17 Aware of
 18 Popular Christmas carol
 21 Nog ingredient
 22 Blend
 23 Meat-and-dairy shunner
 26 Foundation
 27 Nevertheless, briefly
 30 Bloodhound's clue
 31 Christmas tree, maybe
 32 Knitter's need
 33 Court
 34 Carpet
 35 Christmas entree
 36 Round Table address
 37 Has permission
 38 Popular Christmas carol
 45 Declare
 46 Gridlock sound
 47 Listener
 48 Early software version
 49 Otherwise
 50 Ostrich's cousin
 51 Wield scissors
 52 Peruse
 53 Hammarskjöld of U.N. fame
Down
 1 Small bit
 2 Food



3 Meditation method
 4 Appoint
 5 Trolley noise
 6 Frat party garb
 7 Speak haltingly
 8 Big names in zoos
 9 Pealed
 10 Initial stake
 11 New Look designer
 12 Calendar quota
 13 Succor
 14 Promise
 15 Tokyo, once
 16 Stickum
 17 Humongous
 18 Lao-tzu's principle

28 Storefront sign abbr.
 29 Indivisible
 31 Promote
 32 Vacillate
 34 Carnival city
 35 Stared stupidly
 36 Knapsack part
 37 High-IQ group
 38 Pokes
 39 Microwave, e.g.
 40 Abominable Snowman
 41 Pit
 42 Oboe insert
 43 Dalai —
 44 Pharmaceutical

► Yesterday's answer



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope

Aries March 21-April 20 Monday will give a boost to your ambitions, most likely by bringing someone in authority over to your side so you are more likely to be triumphant in power struggles with rivals.

Taurus April 21-May 21 Stop worrying what other people might be saying about you and have the confidence to do what you feel is right. It may seem as if the whole world is against you this week but self-belief will see you through.

Gemini May 22-June 21 You need to be canny about money matters. Beware that people you do business with cannot be trusted. Check every last fact and figure for yourself. Take nothing on trust.

Cancer June 22-July 22 You have to accept that others have the upper hand at the moment. However, if you play your own hand wisely you can still get what you need.

Leo July 23-Aug. 23 Holidays may be fun but there are serious issues that need to be dealt with. Throw yourself into your work this week and make sure you have total mastery of all the little details.

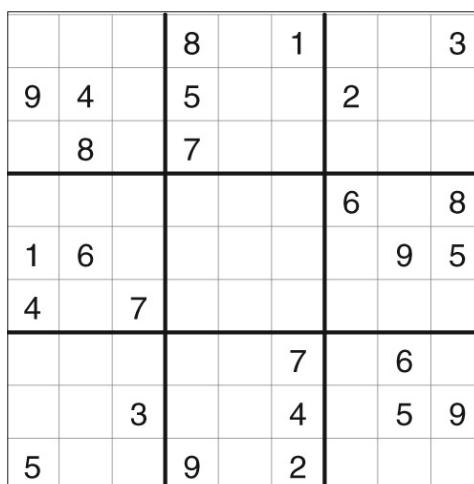
Virgo Aug. 24-Sept. 22 Cosmic activity in the most productive area of your chart gives you the drive and the determination you need to do something out of the ordinary. Don't follow other people — follow your dream wherever it leads you.

Libra Sept. 23-Oct. 23 Unless you are openly invited to give your opinion about what is going on in the private life of a friend or relative you must keep your mouth shut.

Scorpio Oct. 24-Nov. 22 Good news will be coming your way over the next few days. If it's to do with your finances you must resist the urge to go on a celebratory spree.

Sagittarius Nov. 23-Dec. 21 You will find it easy to make money this week — in fact you seem to have the Midas Touch. Sometimes you can be a bit too easygoing when it comes to what you earn but wealth means more to you now than anything else.

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



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My Sher-bear! I love ya with all my heart! U take good care of me all the time! Thank u! I lub ya! A.A.C.E

Still thinking of you Devin TOOTHFAIRY

E. I'm sorry for being a jerk I just want to know that you feel the same way about me as I feel about you. And I'm serious about your Escalade, I love you that much. xxxxxxxooooooo J.B.

Jay, Not even 2 months, since our 8 hour conversation and im completely in awe by the power behind us. The inspiration, passion and dreams are endless with you by my side. Its fantastic, with a K.

Tara! Have an amazing time in Mexico!!! You are my favorite person on the globe. I love you. From your TWEETY-WALKA :)



Caption contest



"We don't need Brett Favre, I'm the champ."
MARCUS PETKOPOLOUS



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